



50
*ways of
serving*
CREAM
OF
WHEAT



A Food Rich in Energy and so Easy to Digest!

CREAM OF WHEAT is an ideal food—as wholesome as creamy, fresh churned butter, as delicate in flavor as fragrant, new baked bread, as easy to digest as pure, sweet milk.

It is wonderfully rich in energy, yet it imposes no extra tax upon digestion.

For Cream of Wheat is made of the best hard wheat—of that part richest in energy-producing elements which scientists call carbohydrates. And these of all food substances are most easily and quickly digested.

Many foods are rich in energy; many others are easy to digest. But the combination—high energy, quickly released for use, at so little cost to digestion—this is the great value of Cream of Wheat.

After the long fast during the night, the body is in need of a food which will tone it up quickly for the day's work. Your vital morning need is energy. This Cream of Wheat supplies abundantly.

Lunch time brings the same need, after a fagging morning at school for the children and endless duties for the busy mother. One of these dishes will solve the irksome problem of "What shall I have for lunch!" They are of such delightful variety, so easy to prepare and so inexpensive that you are sure to welcome them as desserts or even main dishes for dinner. This book gives recipes for all three meals.

These recipes were originated for you by Domestic Science experts. Thousands of women are using them. They offer many a delightful surprise for the family. Try them.

CREAM OF WHEAT COMPANY
Minneapolis, Minnesota

Breakfast Dishes

VARY the breakfast cereal by some of these new ways of serving it. Something new means so much to a child, and even the man of the house is apt to speculate on breakfast with pleasure —if your menus offer more variety.

The water in which the cereal is cooked should be rapidly boiling and the cereal poured in slowly, stirring constantly; in this way there will be no lumps. Fifteen minutes is sufficient time to cook Cream of Wheat for adults and older children. Since all cereals are more digestible for babies if cooked for a longer time, we suggest cooking Cream of Wheat one hour for infants.

Left over cereals may be scrambled with the breakfast eggs and chopped green pepper, parsley or minced ham added.

Creamed eggs may be served on top of buttered Cream of Wheat.

Fresh fruits and berries in season are delicious served with Cream of Wheat. The delicacy of its flavor blends well with all kinds of fruit.

Minced ham, chicken or other meats may be mixed with Cream of Wheat for breakfast.

Bacon, sausage or ham may be served with buttered Cream of Wheat and gravy, for those who like a hearty breakfast.





Cream of Wheat with Raisins

$\frac{3}{4}$ cup uncooked Cream of Wheat
4 cups boiling water
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup raisins

Pour Cream of Wheat slowly into rapidly boiling salted water, stirring constantly; add raisins and cook fifteen minutes in a double boiler.

Also with Dates, Prunes or Figs

Follow recipe above, using instead of raisins $\frac{1}{2}$ cup dates, prunes or figs cut in small pieces.

Baked Apple with Cream of Wheat

Wash, core and remove about half the center of four apples, fill with cooked Cream of Wheat which has been buttered and slightly sweetened, add raisins (if desired). Sprinkle with sugar and bake until tender (about twenty minutes). Serve hot or cold with cream.

Cream of Wheat

$\frac{3}{4}$ cup uncooked Cream of Wheat
 $\frac{1}{2}$ teaspoon salt 4 cups boiling water

Pour Cream of Wheat slowly into rapidly boiling salted water, stirring constantly. Place over boiling water and continue cooking fifteen minutes or longer if desired. Serve with cream and sugar.

Cream of Wheat Southern Style

Many people prefer Cream of Wheat served with butter and salt. This is a simple variation which you will find the family will appreciate.

Cream of Wheat with Poached Egg

$\frac{3}{4}$ cup uncooked Cream of Wheat
4 cups boiling water $\frac{1}{2}$ teaspoon salt
Poached eggs Butter, salt and paprika

Cook Cream of Wheat in rapidly boiling salted water fifteen minutes, mix well with butter. Serve 2 heaping tablespoons cooked Cream of Wheat, make a depression in the center with the back of the spoon and place in this a poached egg. Season with butter, salt and paprika.

Cream of Wheat with Fruit

$\frac{3}{4}$ cup uncooked Cream of Wheat
4 cups boiling water
Fresh fruit or fruit sauce
 $\frac{1}{2}$ teaspoon salt

Pour Cream of Wheat slowly into rapidly boiling salted water, stirring constantly. Cook fifteen minutes in a double boiler. Serve with cream and sliced peaches, bananas, fresh strawberries, raspberries, apple sauce, jam or any fruit sauce.



Fried Cream of Wheat

4 cups water
 $\frac{3}{4}$ cup uncooked Cream of Wheat
 $\frac{1}{2}$ teaspoon salt

Pour Cream of Wheat slowly into rapidly boiling salted water. Cook fifteen minutes; pour into a bread tin, cool and slice. Fry bacon, then fry slices of Cream of Wheat in the bacon fat. This is especially delicious if slices are dipped in egg, then in uncooked Cream of Wheat, before frying.

Fried Cream of Wheat with Fruit Sauce

Fry slices of Cream of Wheat and serve with syrup, raspberry, strawberry or any fruit sauce.



Bread

THE useful old New England axiom to the effect that every woman and girl should know how to make good bread is sadly out of date these days, for most housewives find neither the time nor the desire to make their bread. Whether they make it or not, it is only fair to the family to vary the monotony by baking frequently batches of quick breads.

Muffins make a delightful variety at the luncheon meal—which is a troublesome one to plan at the best.

Baking powder breads should be mixed up quickly and baked in a hot oven. They are better served hot, but can be reheated very successfully by dampening the top slightly, covering with a paper and heating.

If sour milk is on hand it makes delicious muffins, waffles and pancakes. Substitute for the sweet milk in recipes and use soda instead of baking powder —($\frac{1}{2}$ teaspoon of soda to 1 cup of sour milk.)

If waffles are baked on an electric griddle no grease is needed.

Nuts or blueberries may be substituted for the dates in the date muffins and make a pleasing variation.





Cream of Wheat Muffins

$\frac{1}{2}$ cup Cream of Wheat (uncooked)	1 tablespoon melted butter
1 cup flour	$\frac{1}{2}$ teaspoon salt
4 teaspoons baking powder	1 cup milk
1 tablespoon sugar	1 egg

Mix and sift dry ingredients and add milk, beaten egg and melted butter. Pour into greased muffin tins and bake in a hot oven about twenty minutes.

Date Muffins

$\frac{1}{2}$ cup cooked Cream of Wheat	
$2\frac{1}{4}$ cups flour	1 cup milk
2 tablespoons melted butter	1 egg
5 teaspoons baking powder	1 cup dates
2 tablespoons sugar	1 teaspoon salt

Mix Cream of Wheat with milk, beaten egg and melted butter. Stir in dry ingredients which have been sifted together and add dates. Bake about 20 minutes in a hot oven.

Cream of Wheat Gingerbread

$\frac{3}{4}$ cup cooked Cream of Wheat
1 $\frac{1}{2}$ cups flour
 $\frac{1}{3}$ teaspoon salt
1 teaspoon soda
2 teaspoons cinnamon
 $\frac{1}{2}$ cup molasses
3 teaspoons ginger
2 eggs
 $\frac{1}{2}$ cup sour milk
 $\frac{1}{3}$ cup butter
 $\frac{3}{4}$ cup brown sugar

Cream butter, add sugar, well beaten eggs, Cream of Wheat, molasses and sour milk. Mix and sift dry ingredients and combine the two mixtures. Bake in a moderate oven thirty minutes

Cream of Wheat Johnny Cake

$\frac{1}{2}$ cup Cream of Wheat (uncooked)
1 tablespoon melted butter
4 teaspoons baking powder
1 cup milk
1 cup flour
 $\frac{1}{2}$ teaspoon salt
1 egg
1 tablespoon sugar

Mix and sift Cream of Wheat, flour, baking powder, sugar and salt; add milk, beaten egg and melted butter. Bake in a hot oven about twenty minutes.

Cream of Wheat Waffles

$\frac{3}{4}$ cup cooked Cream of Wheat
2 $\frac{1}{4}$ cups flour
2 tablespoons melted butter
2 tablespoons sugar
1 cup milk
3 eggs
 $\frac{1}{2}$ teaspoon salt
5 teaspoons baking powder

Mix and sift flour, salt, sugar and baking powder. Add milk and melted butter to Cream of Wheat, mix well and add to the flour. Beat egg yolks and whites separately and add to the mixture. Bake on a hot greased waffle iron.



Steamed Brown Bread

1 cup Cream of Wheat (uncooked)
 $\frac{3}{4}$ cup molasses
1 cup rye flour
1 cup graham flour
2 cups sour milk or $1\frac{3}{4}$ cups sweet milk
 $\frac{3}{4}$ teaspoon soda
1 teaspoon salt
1 cup raisins

Mix and sift dry ingredients and add molasses, milk and raisins. Turn into buttered mould and steam three and one-half hours.

Cream of Wheat Spoon Bread

1 cup uncooked Cream of Wheat
1 cup cooked cornmeal
 $\frac{1}{2}$ teaspoon salt
1 teaspoon baking powder
2 tablespoons fat
3 cups hot milk
3 eggs

Mix Cream of Wheat, corn meal, salt, baking powder and fat; add hot milk and eggs which have been beaten separately. Bake from forty-five to sixty minutes. Serve in dish in which it is baked.

Meat, Fish and Cheese Dishes

HOW tired we all get of talks on the cheaper cuts of meat, and though we may sigh over them we have to use them just the same. How gladly we welcome new ways to serve them!

Here are some that you may never have thought of.

Don't you think it's much easier to pour a little Cream of Wheat out of the box to use for crumbing, than to bother with crushing, rolling and sifting dry bread for it? Of course it is, and you'll be delighted when you find how beautifully it browns.

You never thought as you looked at that left-over Cream of Wheat in your ice-box that it would make excellent stuffing for fish or chicken or could be converted into such splendid meat or fish loaves, did you? Well, try it for dinner to-night and see what your family thinks of it!

Cheese is an excellent meat substitute and will help your budget out, too, if you use it once in awhile. Combined with Cream of Wheat it gives a hearty, nourishing dish that will satisfy the hungriest man or boy at your table.





Salisbury Steak

1 cup cooked Cream of Wheat
1 pound ground meat 1 beaten egg
1 teaspoon chopped onion Salt and pepper

Mix Cream of Wheat, meat, egg and onion; season with salt and pepper. Shape into balls. Brown in hot fat. Add 1 can tomatoes and cook 15 minutes.

Cream of Wheat for Crumbing

Uncooked Cream of Wheat is splendid for crumbing chops, fish, tomatoes, egg plant and other fried foods. Dip in beaten egg, then in uncooked Cream of Wheat and fry in hot fat. This gives a crisp crust which does not soak up grease as readily as bread and cracker crumbs.



Ham and Cream of Wheat Timbales

2 cups cooked Cream of Wheat 1 cup milk
1 cup cooked ham (chopped) Salt and pepper
3 eggs 2 teaspoons parsley

Mix Cream of Wheat, ham, beaten eggs, and milk. Season with salt, pepper and parsley. Pour into buttered timbale cups and bake surrounded by water, until the mixture is firm in the center. Turn out of cups and serve with a white sauce.

Salmon Loaf

1 cup cooked Cream of Wheat
1 can salmon 2 eggs
Salt and pepper

Mix beaten egg and salmon with Cream of Wheat; season with salt and pepper. Bake in a greased bread tin about forty minutes. Serve with egg sauce and garnish with parsley.

Codfish Balls

1½ cups uncooked Cream of Wheat
1½ cups flaked codfish 1 egg
Pepper

Mix Cream of Wheat, codfish, beaten egg and pepper. Shape in balls and roll in flour. Fry in deep fat and serve with tartar sauce.



Baked Oysters with Bacon

2 cups cooked Cream of Wheat
1 pint oysters Salt and pepper
4 tablespoons melted butter Bread crumbs

Mix cooked Cream of Wheat with oysters. Season with butter, salt and pepper. Sprinkle with buttered crumbs and bake in a moderate oven 30 minutes. Serve with crisp, broiled bacon.

Escalloped Ham

2 cups cooked Cream of Wheat 1 slice ham
1 cup milk Paprika

Mix Cream of Wheat with milk and pour one-half of the mixture into a baking dish. Cut the ham in 4 or 5 pieces and place in the dish, cover with Cream of Wheat and sprinkle with paprika. Cover and bake in a moderate oven about 45 minutes.

Stuffed Steak

2 cups cooked Cream of Wheat
1 egg
1 teaspoon chopped onion
1 flank steak
Sage
Salt and pepper

When purchasing the flank steak have it split for stuffing. Combine cooked Cream of Wheat, beaten egg, chopped onion, sage, salt and pepper. Stuff the steak with this and sew together the open ends of the steak. Place in a baking dish and brown quickly in the oven. Add 1 cup water; cover and bake one hour.

Stuffing for Fish or Fowl

3 cups cooked Cream of Wheat
2 tablespoons butter
Salt and pepper
1 cup chopped celery
1 teaspoon finely
chopped onion

Mix celery and chopped onion with Cream of Wheat, add butter and seasoning. Stuff fowl or fish with this mixture. Sage may be added instead of celery.

Salmon Cutlets

1½ cups cooked Cream of Wheat	
1½ cups salmon	Salt and pepper
Uncooked Cream of Wheat	1 egg

Mix Cream of Wheat, salmon, and seasoning. Shape like cutlets and dip in flour, beaten egg and uncooked Cream of Wheat. Fry in deep fat. Serve with tartar sauce.



Cheese Slices

Pour cooked Cream of Wheat into a bread tin, chill and slice. Place slices of American cheese of equal size on top of Cream of Wheat and sprinkle with paprika. Place under the broiler until the cheese melts; serve immediately.

Baked Cheese Pudding

2 cups cooked Cream of Wheat	
2 cups milk	2 eggs
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ lb. cheese

Mix beaten eggs, milk and salt with Cream of Wheat. Slice cheese thin and add to the mixture. Turn into a buttered baking dish and bake thirty minutes in a moderate oven.





Stuffed Peppers
(recipe on page 19)



Pineapple Pudding
(recipe on page 30)



Salmon Loaf
(recipe on page 12)



Apple Pudding
(recipe on page 28)



Apricot Puree
(recipe on page 27)

Vegetables

HERE are just a few ways that are a little different in the serving of vegetables. They are especially nice for luncheon dishes and can be gotten together very quickly.

The addition of Cream of Wheat to the luncheon menu will help the children in their afternoon classes. You will find that you have more energy for the endless little jobs that fill your afternoon and are less tired when you have dinner ready.

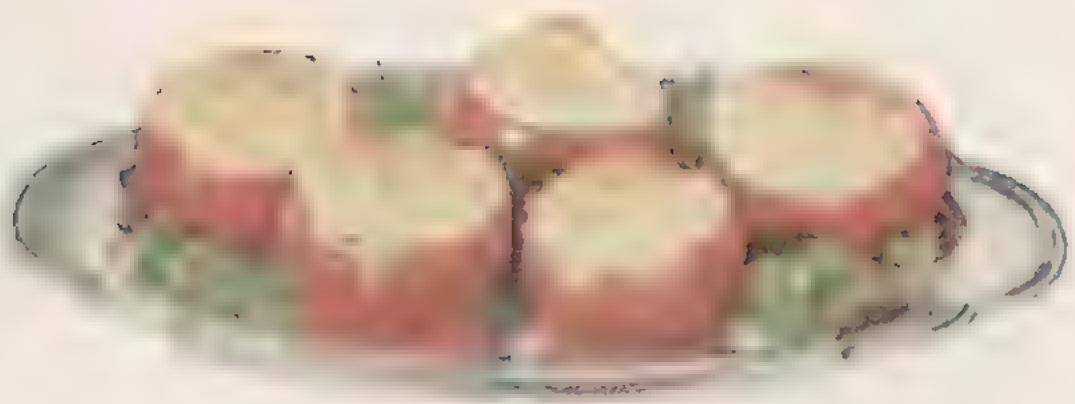
All vegetables should be cooked in boiling salted water. Asparagus and cauliflower should be boiled gently to keep them from breaking into pieces. Rice, macaroni, and spaghetti should be cooked in rapidly boiling water to prevent sticking.

Soda should not be added to brighten the color of beans, peas or asparagus, as it destroys the vitamins which they contain.

Strong flavored vegetables like onions and cauliflower should be cooked uncovered. A covered vessel causes the vapor to condense; which makes the odor stronger.

When vegetables are scorched, the pan containing them should be set immediately in cold water and allowed to stand for a minute or two. The vegetables should then be transferred to another pan without scraping the bottom; in most cases this will remove all taste of burn.





Stuffed Tomatoes

2 cups cooked Cream of Wheat
1 green pepper chopped 6 ripe tomatoes
 $\frac{1}{2}$ cup celery cut fine 3 tablespoons butter
Salt and pepper

Fry celery and pepper in butter five minutes, add to cooked Cream of Wheat and season with salt and pepper. Stuff tomatoes with Cream of Wheat and bake one-half hour.

Stuffed Peppers

2 cups cooked Cream of Wheat
 $\frac{3}{4}$ cup chopped meat 6 green peppers
 $\frac{1}{2}$ cup celery cut fine Salt and pepper
3 tablespoons buttered crumbs

Mix Cream of Wheat, meat, celery, butter and seasonings. Fill peppers with this mixture, cover with crumbs and bake in a moderate oven.

Cream of Wheat Croquettes

$\frac{3}{4}$ cup uncooked Cream of Wheat
1 tablespoon chopped parsley 4 cups water
3 egg yolks Salt and pepper

Pour Cream of Wheat slowly into boiling salted water and cook fifteen minutes. Cool, add chopped parsley and beaten egg yolks. Shape into croquettes, roll in egg, then in uncooked Cream of Wheat and fry in hot fat.

Corn Timbales

$1\frac{1}{2}$ cups corn 3 eggs
2 tablespoons butter Salt and pepper
 $1\frac{1}{2}$ cups cooked Cream of Wheat

Mix Cream of Wheat, corn, melted butter, beaten eggs and seasonings. Bake in cups surrounded by water till firm.

Egg and Asparagus Loaf

1 can asparagus tips 1 egg
2 hard cooked eggs 1 cup milk
1 cup liquid from can Salt and pepper
2 cups cooked Cream of Wheat

Line a mold with asparagus tips. Mix beaten egg with Cream of Wheat, milk, asparagus water, salt and pepper. Pour into a mold and cook twenty minutes. Turn out and serve with an egg sauce. Garnish with hard cooked eggs and parsley.



Spanish Cream of Wheat

$\frac{3}{4}$ cup uncooked Cream of Wheat	3 tablespoons flour
4 cups boiling water	1 green pepper chopped
$\frac{1}{2}$ teaspoon salt	1 stalk celery chopped
1 small can tomatoes	1 sliced onion
4 tablespoons butter	
Salt and pepper	

Pour Cream of Wheat slowly into boiling salted water, stirring constantly. Place in double boiler and cook fifteen minutes. Cook onion, chopped celery and green pepper with tomatoes ten minutes. Melt the butter, blend with flour and add to the tomatoes; cook until thickened; season with salt and pepper. Serve with Cream of Wheat.

Salads

THERE is an old saying that "food is half eaten by the eye". This is particularly true of salads and a light touch must be used in their arrangement. The leaves of lettuce should be placed on the plate in such a way that they will curve crisply around the other salad materials. The other chief requirements of salads are that they must be very cold and that the seasoning must blend well with the materials used.

Dressings should be added just before serving as the vinegar wilts the lettuce.

The salad plants, since they are not to be cooked, must be cleaned very carefully. Each leaf should be separated and the whole plunged into very cold water and allowed to stand for a short time. This will crisp as well as clean it. It should then be drained and dried.

The larger, coarser outside leaves of lettuce should not be thrown away. They may be shredded to use under the salad the next time.

Mayonnaise can be made with the whole egg instead of the yolk with much less chance of curdling, even when the oil is poured in rapidly.





Tomato and Cheese Salad

1 cup cooked Cream of Wheat Tomatoes
 $\frac{1}{2}$ package cream cheese Salt and pepper

Mix Cream of Wheat, cheese and seasonings. Remove the centers of tomatoes and stuff. Serve with French dressing on lettuce.

Cream of Wheat and Salmon Salad

1 can salmon 3 hard cooked eggs
 $1\frac{1}{2}$ cups cooked Cream of Wheat French dressing

Cut chilled Cream of Wheat into $\frac{1}{2}$ -inch cubes; combine with salmon, cooked egg and mix with French dressing. Serve on cress or crisp lettuce.

Cream of Wheat and Nut Salad

1 cup cooked Cream of Wheat
 $\frac{1}{2}$ cup chopped nuts Salt and pepper
1 cup grated American cheese

Mix the cheese with the Cream of Wheat and nuts, season, chill and serve on crisp lettuce with French dressing.

Pineapple and Cream of Wheat Salad

1 cup cooked Cream of Wheat	Sliced Pineapple
$\frac{1}{2}$ cup grated American cheese	$\frac{1}{4}$ cup chopped nuts
	Salt and pepper

Mix Cream of Wheat, cheese and seasonings. Shape into balls and roll in the chopped nuts. Serve with sliced pineapple and mayonnaise on lettuce.

Cream of Wheat and Olive Salad

1 cup cooked Cream of Wheat
 $\frac{1}{3}$ cup stuffed olives Salt and pepper
1 cup grated American cheese

Mix Cream of Wheat, cheese, seasonings and sliced olives. Mold in a flat square pan, cut in cubes and serve on lettuce with French dressing.



Green Pepper and Cheese Salad

1 cup cooked Cream of Wheat
4 green peppers Salt and pepper
½ package Cream cheese

Mix Cream of Wheat, cheese and seasonings. Fill the green peppers with this mixture. Chill, slice and serve on crisp lettuce with French dressing.

New Waldorf Salad

Cut chilled cooked Cream of Wheat into $\frac{1}{4}$ -inch cubes; mix with apple also cut in cubes of a corresponding size. Mix with mayonnaise and serve on crisp lettuce in red apples which have been hollowed out.



Desserts

MOST housewives are accustomed to think of dessert as an accessory rather than a food. It is poor economy to leave out the dessert which is needed to round out the meal as well as to top it off.

Cream of Wheat lends itself readily to molding without the addition of gelatine, corn starch or other thickening ingredients. The puddings are so attractive in appearance, so good in flavor and so simple to make that they are bound to be favorites with all.

The plain Cream of Wheat puddings may be served in an infinite variety of ways. They may be served cold with cold sauces, crushed fresh fruit or chopped canned fruit or they may be served cold with hot sauces, such as chocolate, vanilla, lemon and innumerable others.

In molding Cream of Wheat the mold should be wet in cold water before the pudding is poured in, so that it can be removed from the mold readily.

If whipped cream is to be used with the puddings, it is better to add a little sugar and flavoring.

The ease with which these puddings can be made is sure to endear them to every housewife; also the fact that they take few or no eggs makes them valuable when eggs are high,





Date Meringue Pudding

2 cups cooked Cream of Wheat
 $\frac{1}{2}$ cup chopped dates 2 cups milk
1 cup sugar 2 eggs
1 teaspoon vanilla

Mix Cream of Wheat, milk, beaten egg yolks, sugar, chopped dates and vanilla. Pour into a buttered baking dish and bake one-half hour. Cover with a meringue made of two stiffly beaten egg whites and two tablespoons sugar. Return to the oven and brown quickly.

Apricot Puree

2 cups cooked Cream of Wheat $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup apricot puree Salt

Press apricots through a coarse sieve, add sugar, salt and cooked Cream of Wheat. Line a mold with apricots and pour in Cream of Wheat mixture. Serve with cream.

Apple Pudding

2 cups cooked Cream of Wheat
2 cups milk
1 cup sugar
3 eggs
Nutmeg
3 apples cored and sliced

Mix Cream of Wheat with milk, beaten egg and sugar. Pour one-third the Cream of Wheat mixture into a buttered baking dish, cover with apple rings, sprinkle with sugar and nutmeg and dot with butter; repeat twice, making three layers of the pudding with apples over the top. Bake in a moderate oven one-half hour and serve hot or cold with cream.

Cherry Pudding

1½ cups hot cooked Cream of Wheat
1 teaspoon vanilla
1 cup milk
1 cup sugar
1 cup whipped cream
Cherries

Mix Cream of Wheat, vanilla, milk, sugar, and cream. Line the bottom of cups with cherries and fill with the Cream of Wheat mixture. Chill and serve with cherry sauce.

Prune Pudding

2 cups cooked Cream of Wheat
1 cup prune juice ¾ cup sugar
1 cup milk 1 egg
1 cup prunes cut in quarters

Mix Cream of Wheat, beaten egg, sugar, liquid and prunes. Pour into baking dish and bake twenty minutes. Serve hot or cold.

Cream of Wheat Pudding

2 cups hot cooked Cream of Wheat
1 cup milk
1 cup sugar
1 teaspoon vanilla

Mix Cream of Wheat, milk, sugar and vanilla. Pour into cups or one large mold. Chill and serve with fruit sauce.

Fruit Sauce

1 cup boiling water 2 tablespoons butter
2 tablespoons lemon juice $\frac{1}{2}$ cup sugar
1 tablespoon cornstarch Grated rind 1 lemon
1 cup fruit cut up

Mix cornstarch with sugar, add to boiling water and cook until thickened. Add butter, rind and juice of lemon and fruit. Serve hot or cold.

Pineapple Pudding

$\frac{3}{4}$ cup uncooked Cream of Wheat
4 cups boiling water $\frac{3}{4}$ cup sugar
1 small can grated pineapple

Pour Cream of Wheat into rapidly boiling salted water. Cook fifteen minutes. Add sugar and grated pineapple. Serve hot or cool with cream.

Chocolate Pudding

$\frac{3}{4}$ cup Cream of Wheat (uncooked)
4 cups milk 1 cup sugar
2 eggs Whipped cream
1 $\frac{1}{2}$ squares chocolate

Scald milk, slowly add Cream of Wheat and melted chocolate, cook twenty minutes. Add beaten egg yolks mixed with sugar and stiffly beaten whites. Then cook five minutes longer. Pour into custard cups, cool and serve with whipped cream.

Cocoanut Pudding

2 cups cooked Cream of Wheat
1 $\frac{1}{2}$ cups milk $\frac{3}{4}$ cup sugar
 $\frac{3}{4}$ cup cocoanut

Mix Cream of Wheat, sugar and milk together, pour part of the mixture into a buttered baking dish, sprinkle well with cocoanut. Cover with more Cream of Wheat, continue in this way until the dish is full. Sprinkle the top with cocoanut and bake twenty minutes in a moderate oven.



Cream of Wheat Cookies

$\frac{1}{2}$ cup butter	$\frac{1}{4}$ cup Cream of
$\frac{3}{4}$ cup sugar	Wheat (uncooked)
2 eggs	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup chopped nuts or	$1\frac{1}{2}$ cups flour
raisins	3 teaspoons baking
1 teaspoon cinnamon	powder

Cream the butter; add sugar gradually and eggs well beaten. Mix and sift flour, baking powder, Cream of Wheat, salt and cinnamon; then add nuts or raisins and combine the two mixtures. Drop by spoonfuls one inch apart on a buttered baking pan and bake in a moderate oven.

Raisin and Nut Pudding

2 cups cooked Cream of Wheat	
$\frac{1}{4}$ cup nuts	$\frac{3}{4}$ cup sugar
1 egg	1 cup milk
$\frac{1}{2}$ cup raisins	

Mix Cream of Wheat, sugar, raisins, nuts and milk together. Beat the egg slightly and add to the first mixture. Bake in a moderate oven twenty minutes. Serve with cream or lemon sauce.

Caramel Nut Pudding

1 cup cooked Cream of Wheat
 $\frac{1}{2}$ cup sugar, caramelized 2 eggs
 $\frac{1}{3}$ cup boiling water 1 cup milk
 $\frac{1}{3}$ cup nut meats

Caramelize sugar, add boiling water and Cream of Wheat. Mix with beaten eggs, milk and nut meats and cook in a double boiler five minutes. Chill and serve with cream.

Lemon Pudding

2 cups cooked Cream of Wheat
1 cup sugar Juice of 1 lemon
2 tablespoons butter Grated rind 1 lemon

Mix Cream of Wheat, sugar, butter, lemon rind and juice together. Serve cold with cream.

Chocolate Souffle

$\frac{3}{4}$ cup cooked Cream of Wheat
 $\frac{1}{3}$ cup milk $1\frac{1}{2}$ squares chocolate
 $\frac{3}{4}$ cup sugar $\frac{1}{2}$ cup cocoanut
3 eggs $\frac{1}{2}$ teaspoon vanilla

Mix cooked Cream of Wheat with milk, sugar, well beaten egg yolks, cocoanut and melted chocolate. Flavor with vanilla and fold in the stiffly beaten egg whites. Bake in a moderate oven and serve with cream or vanilla sauce.

Fig and Nut Pudding

2 cups cooked Cream of Wheat
 $\frac{1}{2}$ cup chopped figs $\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ cup chopped nuts 2 cups milk
1 beaten egg

Mix ingredients together in order given and pour into a buttered bread tin and bake thirty minutes.

Your Friends Will Enjoy These Recipes

Send us their names and addresses on this sheet and we will gladly send them a copy of "50 Ways of Serving Cream of Wheat." Thank you.

CREAM OF WHEAT COMPANY
Minneapolis, Minn.

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